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HOUSEKEEPERS' CHAT Wednesday, December 7, 1932.

(FOR BROADCAST USE ONLY)

Subject: "Ways With Winter Vegetables." Information from the Bureau of Home Economics, U.S.D.A.

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Standing in line for noon lunch the other day at a city cafeteria, I heard the man ahead of me say, "Well, Joe, the reason I don't order vegetables is that they all look and taste alike at this time of year. Monotonous food spoils my disposition."

A good tip for the cafeteria, that was. And a good tip also for that man's wife and a lot of other wives. We all know how much our husbands and children need the vitamins and minerals in vegetables, but somehow a lot of us haven't learned the secret of preparing our vegetables so well that the family can't resist them. Especially in winter, when the supply of fresh vegetables is limited, we need to give variety to our vegetable dishes, to fix them so they'll look good and taste good. The other day I heard the Recipe Lady talking about different ways of cooking winter vegetables--the common, everyday, inexpensive vegetables like carrots, cabbage, onions and celery. Of course, she had a lot of helpful ideas. I'm going to pass some of them on to you to prevent that unhappy day when the family gets bored with the same old food.

"Now take carrots, for example," says the Recipe Lady. "Did you ever try carrots sliced and fried with apples? Or have you fixed shoe-string carrots, boiled and buttered. Or have you mashed carrots? To prepare mashed carrots, you cook them until tender. Then you drain them and press them through a colander or potato ricer. Now add cream and season with salt, pepper and butter. That's all. Easy, isn't it? Have you tried carrots served whole with parsley butter? The flecks of green over the yellow give an attractive color combination and the lemon in the parsley butter adds a pleasant tart flavor."

As for celery, you can serve that in many different ways, raw and cooked. Did you ever try braised celery? That's a good way to use those large stalks on the outside of the celery. You wash these stalks and cut them in inch-long pieces. Then you mix them with well seasoned meat drippings. Put them in a shallow pan, cover, and bake them in the oven until they're tender. That's all there is to making delicious braised celery. You can make fritters with chopped raw celery just as you would with canned corn. Or, you can stew the cut celery with canned tomatoes.

Cabbage may seem like a very commonplace vegetable, but it has no end of possibilities. Try it shredded, simmered in milk for five minutes and then thickened slightly with blended flour and butter, seasoned with salt and made extra good by a little cream added the last minute. You'll be surprised at the

sweet delicate flavor, crispness, and attractive green color. Scalloped cabbage and apples may be a new dish to you. To make it, grease a baking dish, then add a layer of shredded cabbage and a layer of pared, cored and sliced apples, Season the layers with a little sugar and salt, dot with butter and cook in the oven until the cabbage and apples are tender. Another good baked dish with cabbage is made in much the same way. But this time your layers are shredded cabbage and cooked spaghetti and cheese. Cover the top with buttered bread crumbs and bake until the crumbs are golden brown. And don't forget cabbage salads. Chopped raw cabbage is delicious with so many things. Cabbage salad is extra good with cream cheese dressing and for variety so is pineapple and cabbage salad with mayonnaise.

Now what to do with those cans of corn up on your shelves? Corn fritters is one answer. Corn pudding is another. To get that perfect custardy effect in corn pudding, set the pudding dish in a pan of hot water and bake in a very moderate oven. Gradually the pudding mixture will set, so it will not come out watery from overcooking in too hot an oven. A very appetizing lunch or supper dish is corn rabbit. Ever try it? You cook canned corn, tomato and grated cheese together until creamy and serve the mixture on crisp toast. The whole family will enjoy corn chowder. Milk, potatoes, and canned corn are the chief ingredients in corn chowder with a little onion and salt pork for seasoning. Parsley adds a dash of green.

Another inexpensive vegetable standby is the onion. If you mind the aroma of onions, try them French fried one of the brisk winter days. To French-fry onions, cut them in very thin slices and separate the slices into rings. Now make a thin cover batter by mixing thoroughly a cup of milk, a cup of flour, an egg and a quarter of a teaspoon of salt. Dip the onions into this batter. Drain them well and fry them in deep fat until they are golden brown. Spread the fried rings on absorbent paper, and sprinkle with salt. If your family likes onions, you'll be wise to prepare French fired onions in a large quantity, while you're at it. Like potato chips, onions fixed this way will keep a week. Onions parboiled and then stuffed with meat and seasoned bread crumbs and baked until tender make perfect company for spareribs or roasts of different sorts. Onions and apples fried together is another winter dish that most families enjoy particularly.

Just time for the menu. Swiss steak with brown gravy; Mashed potatoes; Shoestring carrots; Crisp celery; Whole wheat bread; and for dessert; Cranberry pie.

Thursday: "School Children and their Nutrition Needs."